

purpose. With my invention, user can work out anywhere. There is no need to go for gym.

WHAT IS CLAIM

1. Resilient skipping rope comprises of rough handle and resilient rope. The shape of the handle is round tube, the roughness surface cause the friction between the user hand and the handle to let user can hold the handle tighter. The resilient rope is made of tough resilient rope, it can give powerful rebound reaction to the user while user extend or loose it.

2. Resilient skipping rope comprises of rough handle and resilient rope. It is not only a tool for skipping exercise but also a multifunction tool to let user train any part of the body.